

Minds Awakened Announces Launch of New Self-Help Course, Break the Chains of Suffering

Designed by licensed behavioral specialist AJ Huynh, the free course will empower participants with the tools needed to achieve personal growth.

CYPRESS, TEXAS , UNITED STATES OF AMERICA, October 4, 2023

/EINPresswire.com/ -- Minds

Awakened, an educational platform on a mission to inspire, educate, and empower learners around the world, today announced the launch of its latest self-help course, Break the Chains of Suffering. The free comprehensive course is designed to empower participants with the essential tools required to liberate themselves from emotional inertia and achieve profound personal growth.

The logo for Minds Awakened, featuring the words "MINDS" and "AWAKENED" in a white, sans-serif font, separated by a white triangle symbol.

"Our natural ways of approaching uncomfortable thoughts and feelings often lead us down a path of momentary relief but long-term struggle," said AJ Huynh, Founder of Minds Awakened and Liberated Minds TX Counseling, a private counseling practice in Cypress, Texas. "We might avoid, distract, or even numb ourselves, missing the opportunity to genuinely address the root cause. That's why I designed this course: to harness proven behavioral strategies, enabling participants to transform their relationship with discomfort effectively."

Break the Chains of Suffering is a transformative tool aimed at deepening participants' understanding of pain and suffering. By offering actionable insights and practical techniques, the course equips individuals to identify, confront, and heal various forms of suffering.

Participants can expect easy-to-understand lessons that delve into human behaviors and instinctive emotional patterns, providing invaluable insights into the complexities of the human

mind. It provides real-world coping strategies that can be applied immediately, giving participants the skills needed to break free from emotional inertia and lead more fulfilling lives.

Minds Awakened is offering this course completely free of charge, making it accessible to a wide audience seeking personal development and emotional well-being.

To learn more about Breaking the Chains of Suffering or to register for the course, visit <https://mindsawakened.co/>.

About Minds Awakened

Minds Awakened is an educational platform committed to providing high-quality, accessible learning resources to individuals seeking personal and professional growth. Led by licensed behavioral specialist AJ Huynh, Minds Awakened is on a mission to inspire, educate, and empower learners around the world.

AJ Huynh
Minds Awakened
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/659514688>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.